FLAMES ACQUIRE JOKINEN, LEOPOLD, PG10

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Zoo to introduce new snow leopard

ANIMALS The Calgary Zoo has a new cat in town.

A new snow leopard that arrived in late January met with the facility's existing female leopard last week after spending a routine 30 days in quarantine.

"This is standard procedure when introducing new animals, with the amount of time they need to spend together gradually increasing as they adjust to their new companion," curator Bob Peel said.

While the animals will remain separate from each other for a few weeks yet, they can see one another.

METRO CALGARY

Parkers A-OK with $3 fee

Most transit riders say cost is cheap compared to downtown lots

KRISTA SYLVESTER
krista.sylvester@metronews.ca

Comparing it to the cost of parking downtown and calling it a "steal," most transit-riding parkers at the McKnight-Westwinds LRT station said they won't mind paying a $3 fee.

Beginning March 16, ParkPlus machines at the Dalhousie, McKnight-Westwinds and Somerset-Bridlewood stations will begin charging up to $3 to park, with other transit lots following suit in the coming months.

User Bob Arshi parks at the McKnight-Westwinds station daily and said he doesn't mind paying the fee.

"If you go downtown, parking costs at least that much for an hour and sometimes a lot more than that, so three dollars isn't much and for a whole day it's a steal," he said.

Jacquelynn Tandari agreed that compared to downtown the cost is inexpensive and she also sees it as an investment.

KRISTA SYLVESTER/METRO CALGARY

Calgary Parking Authority manager Dale Fraser demonstrates the ParkPlus machines.

"I think it's a good idea if it goes back into maintenance and security and I think most people would appreciate the fact their cars will be safer when they park," she added.

One rider, who didn't want to give his name, said he thought the fee "sucks" and will do everything he can to avoid paying it.

"I will be trying to find other places to park," he said.

But Calgary Parking Authority manager Dale Fraser said they will be out patrolling not only the transit lots, but the surrounding residential areas for users who park where they are not supposed to.

"If they fail to display a ticket or exceed parking time or park in a no parking zone, they will be given a $40 ticket," Fraser said.

Revenue

- There are 13,000 transit parking stalls and $6 million in revenue is expected annually. Fees will go towards the security and maintenance of transit stations, including more peace officers, Calgary Transit said.

Riding the Recession

Looking for ways to save money and ride out the economic storm? Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

- Food

Budget-friendly meals your whole family will love, and a local Meal for a Steal, pg 14

- Tomorrow

How are employment insurance offices dealing with an increased number of people applying for EI benefits?

Mount Royal **Native Awareness Month**

ROBIN KUNISKI/FOR METRO CALGARY

Ryan Buffalo, 24, performs a traditional hoop dance yesterday at the Mount Royal College campus, for Native Awareness Month.

Stelmach defends oil sector boost

KRISTA SYLVESTER
krista.sylvester@metronews.ca

ECONOMY Premier Ed Stelmach responded yesterday to heavy criticism of a plan designed to boost the province's oil sector.

Stelmach was in the city for the announcement of the North East Centre of Community Society yesterday, but the focus was on Tuesday's announcement of a $1.5-billion break for oil companies, the third change to the royalty scheme.

"This is changes brought about to bring banks to the table to provide credit for drilling companies … and to create jobs," Stelmach said.

"If they don't drill, there's no money, it's a simple as that."

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Free Daily News Group Inc., operating as Metro Calgary. 120, 3030 - 3 Avenue NE, Calgary, Alberta T2A 6T7. Publisher: Steve Shrout

How Canadians can turn a turbulent stock market into massive profits

"I've made money in every kind of market — up, down, and sideways. Let me show you why today's volatile market is ideal for investors."

George Fontanills, founder of Optionetics, is a Harvard-educated, internationally renowned best-selling author, and options trading expert.

Canada's economy is being hit hard along with the rest of the world. Job cuts are on the rise. Home values are falling like never before. The recession hits some industries hard, while others escape. From Vancouver to Toronto to Wall Street, it's little wonder the markets are volatile… up 100 to 200 points one day, and down 100 to 200 points the next. Most investors think they can't make money in markets like this. But I can show you how.

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As the Canadian and global markets react to an economic meltdown and ensuing political battles, today's extreme volatility in the financial markets could become the new norm. Many investors have pulled out. But you can't make money sitting on the sidelines. It is time to change your investment strategy to one that can succeed in unstable markets.

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- Anyone who has been hammered in today's market

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COP HYCCFP- Metro Calgary - Calgary/Edmonton - Wk10

Weather may be cause of crash that killed one
A Calgary man was killed and two of his co-workers injured after a crash near Brooks yesterday morning. Speed and alcohol are not considered factors, though RCMP believe weather may have been. METRO CALGARY

Local

Poet takes up shop at university

Acclaimed American poet Alberto Ríos, left, will serve as artist-in-residence at the University of Calgary for the next week and a half. He's known for writing about growing up with the traditions and languages of two cultures, having lived in a town that straddles the U.S.-Mexican border with a Mexican father and a British mother. METRO CALGARY

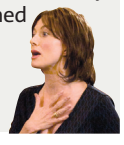
News in brief

SAFETY FIRST More than 3,000 Calgary students in Grades 4 through 9 learned about keeping safe yesterday. "The goal of Safety Expo is to identify risks that kids can face," said Simon Schmid, chair of the organizing committee. The event was part of a two-day city hall safety expo. Students viewed more than 20 interactive exhibits by police, fire, EMS and more. METRO CALGARY

metronews.ca
WHAT'S ONLINE TODAY

Video 22 Minutes comedian Geri Hall crashes and burns in an attempt to mock Ontario Premier Dalton McGuinty at **metronews.ca/canada**

Video Expecting parents rally to save Banff's maternity ward from a planned closure at **metronews.ca/local**



Lotteries
Lotto 6/49: 7, 15, 23, 25, 27 & 40 Bonus 43
These results are not official.

Gates open too late for locals

JENNIFER HILLIKER
for Metro Calgary

The gates letting water in and out of the Bow River were opened Tuesday morning to allow water from the community of Sunnyside to flow into the river.

But with six homes still uninhabitable, 18 homes with moderate to mild damage and an additional 250 homes affected by the flood in Sunnyside Tuesday morning, some residents are saying the city should have acted sooner.

Water damaged the structure and contents of Sunnyside resident Jennifer White's garage, and she believes the city could have foreseen this event.

"Most of February and March, you see rain and snow," said White. "There are weather forecasts. They should have seen it coming and opened the gates."

Mike MacIssac of the city's water department said the city did not have time to deal with the rain in conjunction with the melting snow.

"We didn't see this coming," he said. "It's more important to keep the river out of Sunnyside than to get water out of the community, so the gates were closed. All I can say is that we did our best to control the flooding."

White said her insurance company won't cover the water damage and thinks the city should take responsibility and foot the bill.

ROBIN KUNISKI/FOR METRO CALGARY

Greg Heide helps clean up the mess at a friend's place after suffering a huge loss due to flood waters Tuesday in Kensington and Sunnyside.

VideoOnline
Watch homeowners pick through the damage left behind by the flood at metronews.ca/local

Birds get a new, reusable habitat

CONSERVATION Old electricity poles gained new life yesterday as they were turned into nesting spots for ospreys and bald eagles.

Two poles were flown in by helicopter and installed near the delta of the Elbow River in the Weaselhead Natural Environment Park, adding to three already-existing poles.

"It increases a much-needed habitat," said Tricia Grieef, city natural areas project co-ordinator. "Since we're doing it in the winter, it's not going to disturb any other wildlife in the area."

Grieef also said regardless of whether these platforms are claimed by ospreys or bald eagles, the diversity of the Weaselhead wildlife is sure to be enhanced.

Enmax employees designed and built the platforms as part of a partnership with the city.

They also provided the old poles, transportation and the resources necessary for the installation.

JENNIFER HILLIKER/
FOR METRO CALGARY

Ontario goes after big tobacco

Ontario Premier Dalton McGuinty's government is now clearing the way to sue big tobacco for billions of dollars spent on health-care costs for smokers. British Columbia and New Brunswick have passed similar laws on which Ontario's bill is modeled. **TORSTAR NEWS SERVICE**

Canada

Bureau to investigate Ticketmaster

The Canadian government has asked the Competition Bureau to investigate complaints that Ticketmaster diverts tickets to its reselling subsidiary, which then sells them for far higher prices. Last month an Ontario man filed a $500 million lawsuit against Ticketmaster, claiming the company broke the law by reselling tickets at inflated prices. REUTERS

Feds ordered to help Canadian on death row

COURTS A Canadian court ordered the federal government yesterday to help seek clemency for a Canadian citizen facing a death sentence in the United States for murdering two people.

Ronald Smith, who has admitted to the 1982 murders, won his case before the Federal Court of Canada to have the Canadian government plead for clemency on his behalf.

Smith was set to be executed in Montana and had argued that Canada's Conservative government was violating his human rights by refusing to intervene.

Canada, which does not have a death penalty, has traditionally intervened on behalf of Canadians facing execution in other countries.

It also does not send people back to death-penalty states without assurances there will be no execution. REUTERS

News in brief

TRIAL The fate of a man accused of beheading a passenger on a Greyhound bus lies in the hands of a Winnipeg judge, who will decide today if the accused was mentally ill at the time of the gruesome crime. Final arguments were heard in the trial of Vince Li yesterday, only two days after trial began. Both Crown and defence attorneys called psychiatrists to the stand. METRO CANADA

Spring fight begins: Officials

Roadside bomb kills three Canadian soldiers in Kandahar province

A roadside bomb that killed three Canadian soldiers in a relatively restive district of Kandahar province may herald the start of spring fighting season in Afghanistan, said military officials.

Word of a new Taliban offensive came ahead of a grim report showing that Canada has made modest development progress in the face of a worsening security situation.

While the number of Canadian-funded jobs and schools and trained Afghan forces has grown, violence, including roadside bombings, assassinations and intimidation, increased in severity and frequency, undermining the confidence of locals in their safety and futures, the report found.

"The areas that we've pointed to we've seen progress, and we've also seen a rise in insurgency," said International Trade Minister Stockwell Day, chair of a cabinet committee on Afghanistan. "The two can happen at the same time."

It was coincidence that the report landed on the same day as news the Canadian death toll in Afghanistan had risen to 111. TORSTAR NEWS SERVICE

HANDOUT

Left to right, Canadian soldiers Warrant Officer Dennis Raymond Brown, Cpl. Dany Olivier Fortin and Cpl. Kenneth Chad O'Quinn were killed near Kandahar City, Afghanistan, Tuesday, when their patrol hit an improvised explosive device.

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Good-luck note foils man's U.K. stay

A Mexican national who told airport immigration last weel he was visiting Britain to see a friend was swiftly deported after a search unearthed a good-luck card in his luggage wishing him well for his "new life in the U.K." REUTERS

World

Party buys Slumdog tune

Aiming to spice up its election campaign, India's ruling Congress party has bought the rights to Jai Ho, the Oscar-winning song from Slumdog Millionaire. Congress leaders said the song, whose title is Hindi for Let There be Victory, will be played during rallies in rural towns, villages and cities. At left, the song's composer A.R. Rahman performs at the Academy Awards. REUTERS

Warrant for Bashir issued

The International Criminal Court (ICC) issued an arrest warrant for Sudanese President Omar Hassan al-Bashir yesterday for war crimes in Darfur, a decision that could spark more regional turmoil.

The warrant is the first issued against a sitting head of state by the Hague-based court, which stopped short of including a count of genocide over a conflict that UN officials say has killed as many as 300,000 people since 2003.

The court, which was set up in 2002, indicted Bashir on seven counts of war crimes and crimes against humanity, which include murder, rape and torture. The three-judge panel said it had insufficient grounds for genocide.

"His victims are the very civilians that he, as a president, was supposed to protect," ICC Chief Prosecutor Luis Moreno-Ocampo told reporters, adding that Sudan is obliged to execute the warrant.

Hundreds of demonstrators gathered in Khartoum to protest against the warrant. Bashir has dismissed the allegations as part of a western conspiracy.

Hours after the warrant was issued, Sudan revoked the licences of at least six foreign aid agencies, aid officials said. "This will have a major impact on humanitarian work in Darfur," said one aid official. REUTERS

MIKE SEGAR/REUTERS

People demonstrate near the United Nations headquarters in New York, denouncing Sudanese President Omar Hassan al-Bashir after the International Criminal Court issued an arrest warrant for al-Bashir for war crimes in Darfur.

U.S. could lead the way out of crisis, Brown says

EUROPE The United States can seize the moment and lead the world out of recession, but other countries must play their part, British Prime Minister Gordon Brown told U.S. Congress yesterday.

In his speech, Brown urged the U.S. to resist protectionism, fight climate change and take advantage of the huge goodwill toward it after the election of President Barack Obama.

"You now have the most pro-American European leadership in living memory. ... There is no old Europe, no new Europe, there is only your friend Europe."

The prime minister said that while America could take a lead, it and a few other countries could not shoulder all the burden of restoring growth to the world economy. REUTERS

News in brief

POLITICS U.S. Secretary of State Hillary Clinton criticized Israel yesterday over plans to demolish Palestinian homes in East Jerusalem, calling the planned destruction of 80 homes "unhelpful." Clinton said the U.S. would engage Israeli leaders on Jewish settlements.

FRANCE President Nicolas Sarkozy will try to secure the repatriation of a French woman given 60 years in jail in Mexico when he visits the country next week. Florence Cassez, 34, was found guilty of kidnapping and arms possession last year. REUTERS

HAPPY BIRTHDAY METRO CALGARY

Metro Calgary is celebrating its second birthday! They say "Time flies when you're having fun", so we must really be having a great time!

Metro Calgary has received birthday greetings from all over the world, and coast to coast in Canada. We have had greetings from some of the Metro International family, as well as from the Metro Canada family in Halifax, Montreal, Ottawa, Toronto, Edmonton and Vancouver.

Over the past two years the response to Metro in Calgary has been nothing short of phenomenal, and we have you, our readers to thank for it. It seems everywhere we look, readers are enjoying our unique design and creativity supported with local stories, national and international news and of course our vibrant entertainment sections. Our readers have told us how much they love the well-written, concise format of the newspaper.

On behalf of everyone at Metro I would like to take this opportunity to thank you for making Metro Calgary part of your daily routine.

Steve Shrout, Publisher
Metro Calgary and Metro Edmonton

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Comment & Views

Comment

The science of splitting

Relating

Steve Collins

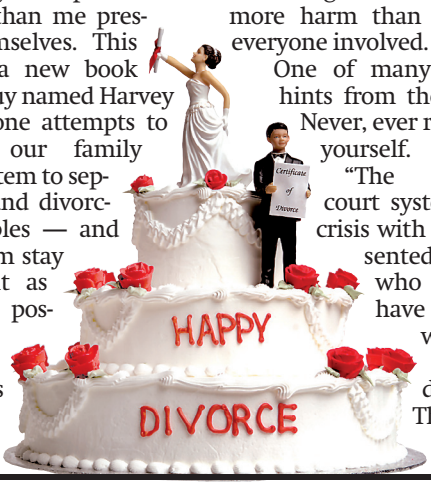
metronews.ca/collins

Anyone who knows me is probably just as baffled as I am to see me writing about what the experts call "man-woman stuff." Relationships baffle me. My good ones have felt a lot like luck, and nothing I write on the subject should be construed as advice, or even a clue.

In January, numerous media outlets advised us of "D-Day" (Jan. 8 or thereabouts), which, according to divorce lawyers, is the single biggest annual day for divorce filings. This month, then, another pile of people, maybe even people reading this, are adjusting to fresh ex-hood.

And again, I've got nothing. I've never been divorced, a happy circumstance I attribute almost entirely to never having married. This is of little use to most people facing a split now. (My friends also seldom thank me for asking them to imagine, just for a moment, what kind of an ex-wife their fiancée would make.)

Happily, a couple of better sources than me present themselves. This month, a new book from a guy named Harvey Brownstone attempts to explain our family court system to separating and divorcing couples — and help them stay out of it as much as possible.



And who is this Brownstone to judge? As it happens, a sitting judge of the Ontario Court of Justice, who has presided over 14 years of family court cases.

In Tug of War: A Judge's Verdict on Separation, Custody Battles, and the Bitter Realities of Family Court, Brownstone gives an insider's view of the legal machinery and warns of an overloaded court system where protracted, hurt-fuelled litigation often does more harm than good to everyone involved.

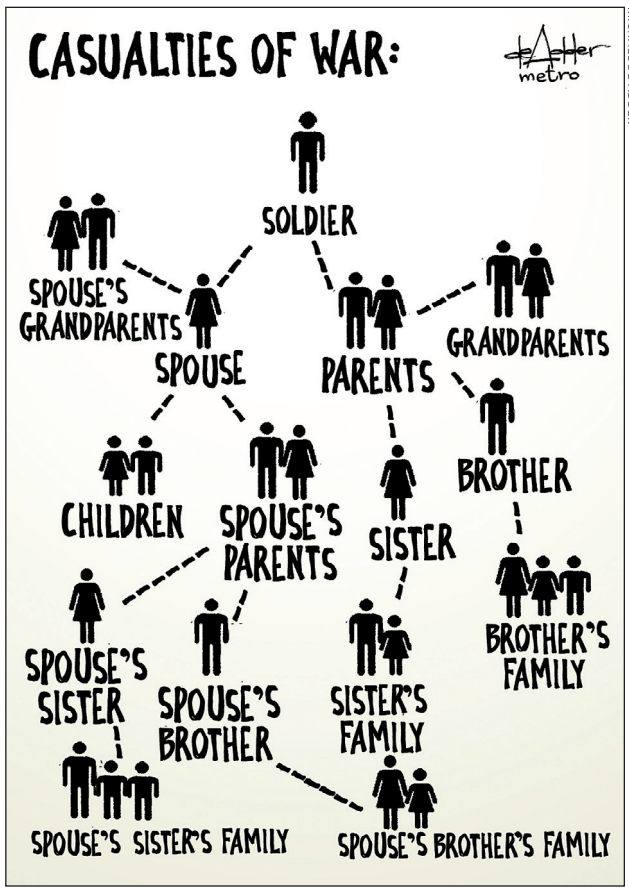
One of many helpful hints from the bench: Never, ever represent yourself.

"The family court system is in crisis with unrepresented people who don't have a clue what they are doing. They don't understand that this is not Judge Judy," Brownstone told the Toronto Star.

Also new on the Canadian split-up scene is ChangingLanes.ca. The website is the creation of communications consultant Michelle Halsey, who encountered a paucity of reliable information and advice during her own separation, and wanted to help others with advice on finances, parenting, and personal stories of divorce and separation.

Discussion forums are categorized by different stages of breakup, from contemplating separation to the blended family. It's early days yet for the site, but already most participants in the forums seem to be women. Where are the separated and divorced men? Probably still trying to figure out what the hell happened. I know I would be.

Steve Collins offers his best guesses on relationships for Metro every two weeks.



MICHAEL DE ADDER

Views

Slow-food movement just tastes better

Mark Trealout
Slow-food farmer

Slow food is an easy concept. It can be described in three words: Good, clean, and fair.

The food must taste good (otherwise the slow movement would be cut abruptly short), be produced in a clean manner (think organic vs. chemical input, food miles, water quality), and the price must be fair to both producer and consumer (ideally with few hands in between grower and eater).

But for far too many, slow food is a difficult concept. This is because the average urbanite has no idea how to raise a pig, harvest wheat, or store the summer's bounty for winter use. Heck, the average urbanite doesn't even know someone who knows how to do these things anymore.

In just six decades, western culture has moved far away from our food sources. In doing so we have given control of our food to large corporations, whose mandate is not to feed people, but to maximize profits. This has led to non-labelled experimentations with the foods we find on the shelves of our markets, rampant use of genetically modified foods and intensively raised livestock with dependency on "medicated feed."

Tragically, this corporate approach to food has also displaced tens of thousands of farmers in developing countries from the land that has been in their families for generations.

The need to rethink, revitalize and reinvent our food systems has never been more urgent than it is right now.

Slow food is about regaining control of our food systems by once again growing (or purchasing) good, clean, fair foods. Foods grown with the intention of feeding people, not making profits.

Slow Food International now has more than 85,000 active members and supporters in more than 130 countries. Eat slow. It tastes better.

Mark Trealout manages a small farm in Ontario and organizes a group of growers whose produce regularly supplies fine dining establishments in Toronto.

What can you do?

More info at slowfoodcalgary.ca

- Develop relationships with people you trust to produce the food for you and your family. Join a community-shared agriculture program in your area — just Google it.
- Become involved in your local farmers' market to ensure this market is meeting the needs of your local community.
- Ask questions about the origins of everything you eat, and don't be satisfied until you get definite answers.
- Frequent those restaurants that ask these questions, too — many fine-dining establishments will openly boast their local, fresh produce.
- Think global, purchase local.

Letters

Manners matter, even on the sidewalk

Re: Anne Hines (Good manners matter, March 2)

This was a great article on manners.

What we need is a series of articles reminding people how to walk politely when the sidewalks and other pedestrian areas are crowded.

When I grew up, the school systems and our parents taught us how to walk politely and respectfully. Mobility etiquette is so important. If one does not want to practise safe and considerate walking, he or she should not be allowed out of the home without an educated escort.

I know most basics, but very few others do, including the politicians and mobility "experts" in our public services.

NICK BIRD, RICHMOND HILL, ONT.

Freedom of speech a privilege not to be abused

Re: Do we believe in freedom of speech? (Feb. 25)

I, too, believe in freedom of speech, but not in Mr. Sullivan's definition — i.e. "If you think it, you can say it."

Freedom of speech is not only a right, but a privilege.

If said speech is used in a way that hurts someone or makes a significant impact on societal thinking and promotes untruths, abuse and hatred, then it's an abuse of the privilege to freedom of speech.

Where laws exist to protect society from such abuse, the laws should be enforced to the full extent.

JACK KREPEL, THORNHILL, ONT.

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Loblaw to convert part-time jobs to full time
Loblaw Co., the country's largest supermarket chain, says it plans to convert more part-time jobs to full time, a move that will boost productivity and help the economy. REUTERS

Business

DOLLAR 0.96¢ C$ 78.41¢ US US$ $1.2754

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

New York **Recession special**

NICK LEMINSKI/REUTERS

A fast-food vendor on the corner of 72nd Street and Broadway in Manhattan is using the recession to try to draw in customers for its hotdogs and other cheap snacks. The global recession manifests itself in many ways, most gloomy, some quirky, and often reflecting the inventive human spirit.

Grocers see shift to frugality

Change in shoppers' buying habits long term: Executives

Canadians are shifting away from premium products when they visit the supermarket as the recession bites deeper and consumer confidence weakens, grocery chain executives said yesterday.

Executives at Loblaw Companies, the country's No. 1 supermarket chain, and Empire Co. Ltd., owner of Sobeys, the No. 2 chain, said the change in buying habits has been quick and profound and is not likely to be short-lived.

"This is not going to be a temporary thing that happens for two or three months," Allan Leighton, president and deputy chairman at Loblaw, told a retail conference in Toronto.

Leighton said shoppers have "all of a sudden become very value conscious."

Also at the conference, Bill McEwan, chief executive of Sobeys, said his stores are seeing premium dinners and ice creams decline at rates "we had never anticipated" two or three years ago.

Leighton said the trend bodes well for Loblaw's well-known President's Choice line of value-priced private-label items, as well as its no-name brands.

At Sobeys, McEwan said the new frugality can be seen at the deli counter, where shoppers are opting for lower-end ham and blocks of cheddar over high-end pastramis and cheeses.

REUTERS

Canadian Tire offering food

• Canadian Tire is pushing into food retailing, joining Shoppers Drug Mart and Wal-Mart by experimenting with two stores. It so far has been surprised by the positive results.

TORSTAR NEWS SERVICE

Broadcasters balk at U.S. clampdown

TELEVISION Canadian broadcasters are criticizing a proposal by the country's TV regulator to curb their U.S. programming expenditures in a bid to promote homegrown production.

The CRTC said Tuesday it will consider imposing a "one-to-one ratio requirement" between Canadian and foreign programming expenditures on domestic broadcasters during licence hearings scheduled to begin April 27.

CTVglobemedia, which runs prime-time ratings leader CTV, said it "would not be able to comply" with such an order.

"While the returns on U.S. programming are diminishing ... it is still by far the most profitable programming category and is critical to support the Canadian segments of our schedule," CTVglobemedia said in a written submission to the CRTC.

Rogers Broadcasting, which runs a string of Citytv stations, said that imposing a cap on U.S. expenditures "would seriously impact the already fragile financial situation of the Citytv stations."

REUTERS

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Warner back with Cards

Quarterback Kurt Warner is staying with the Arizona Cardinals, agreeing to a two-year, $23-million US contract yesterday. Warner had made a highly-publicized free agent visit to division rival San Francisco earlier in the week. METRO NEWS SERVICES

Sports

Manny finally comes to terms

Free agent outfielder Manny Ramirez, his agent Scott Boras and the Los Angeles Dodgers reached a preliminary agreement on a two-year, $45-million US contract yesterday. The deal is contingent on Ramirez passing a physical. In last year's National League playoffs, he batted .520 with four homers, 10 RBIs, nine runs and 11 walks in eight games.

METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

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A 'dream come true' for Jokinen

LAURENCE HEINEN
for Metro Calgary

Jokinen

Leopold

Olli Jokinen said he didn't know whether to laugh or cry when he found out the Calgary Flames had acquired him at the trade deadline.

"It's a fresh start," said Jokinen, who notched 21 goals and 21 assists in 57 games with the Phoenix Coyotes this season. "It's a good feeling right now."

The Flames sent forwards Matthew Lombardi and Brandon Prust along with a conditional first-round draft pick in 2009 or 2010 to Phoenix in exchange for Jokinen and a third-round pick in 2009.

In addition, general manager Darryl Sutter re-acquired defenceman Jordan Leopold from the Colorado Avalanche without having to give up a player on his current roster.

"It's what we wanted," said Sutter, who also broke news that Todd Bertuzzi will be out of the lineup for about a month after undergoing arthroscopic knee surgery on Tuesday.

"We wanted to get a centreman and we wanted to get a defenceman. We knew we were going to have to pay a price."

Jokinen has played an NHL-record 780 games without a single post-season appearance and he's looking forward to ending that drought.

"It's very exciting," said the six-foot-three, 215-pound native of Kuopio, Finland. "To get a chance to play for a hockey market and play for a team like Calgary, it's like a dream come true."

Meanwhile, Leopold is excited to return to a team he helped guide to within one victory of hoisting the Stanley Cup in 2004.

"I'm excited to be back," said the six-foot, 205-pound blue-liner, who put up six goals and 14 assists in 64 games with the Avalanche this season.

"I'm thrilled to have the chance to come to a contender and be able to compete with the top teams in the West."

Deadline day

Other notable deals

- The Pittsburgh Penguins added forward Bill Guerin from the New York Islanders for a conditional draft pick.
- The Phoenix Coyotes sent Derek Morris to the New York Rangers for fellow defenceman Dmitri Kalinin and forwards Petr Prucha and Nigel Dawes.
- The Boston Bruins got forward Mark Recchi and defenceman Steve Montador.
- The Los Angeles Kings traded Patrick O'Sullivan to the Hurricanes, who turned around and sent O'Sullivan and a draft pick to the Edmonton Oilers for Erik Cole.

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Chicago	36	17	9	81
Vancouver	34	22	8	74
Columbus	32	26	6	70
Edmonton	31	26	6	68
Nashville	32	28	4	68
Anaheim	31	28	6	68
Minnesota	30	27	5	65
Dallas	29	26	7	65
St. Louis	28	27	8	64
Los Angeles	26	28	9	61
Phoenix	27	31	5	59
Colorado	28	35	1	57

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YESTERDAY'S RESULTS
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Aerials Bronze for Shouldice

AGENCE ZOOM/GETTY IMAGES

Warren Shouldice of Calgary takes third place during the FIS World Championships Men's Aerials event yesterday in Japan. Fellow Canadian Steve Omischl won silver.

More Homes online
Be sure to check out Metronews.ca for more Metro Homes coverage.

Metro Homes

Reno needs

Stanley-Bostitch has released a new line of pneumatic tools for your home renovation needs. Check Bostitch.com or your local hardware store for more info.
METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Do you know what's in your walls?

HomeScape

Sylvia Putz

metronews.ca/homescape

SYLVIA PUTZ PHOTOS

These series of photos show the progression of the Dream Home at the National Home Show in Toronto recently. They are part of a service offered by Multivista Construction Documentation, which allow you to keep a permanent record of construction.

Have you ever had to uncover the precise location of a plumbing or electrical problem?

It's no fun, let me tell you. If it's a renovation or a new build, memory is not a terribly reliable method to locate the exact location of pipes or wires. To find the plumbing, electrical or other "in-the-wall" problem, you or someone you hire would have to perform "investigative work."

Unfortunately, what this often means is holes in your wall, and possibly, the partial or complete demolition of painstakingly applied finishes like paint, tiling, mouldings or built-in cabinetry. Not to mention the frustration associated with this kind of search.

You may be asking, well, what about referring to the architectural drawings? And this is a very good plan if the drawings include specific and updated plans of all your behind-the-walls items, such as plumbing, electrical work and heating, for instance.

However, reality is often less than ideal. If you have an older home, your plans may date from 1921, if you even have them anymore. If you have a home that is new or renovated, you may know by now that the real world of home construction can be far less organized than you may have expected, despite everyone's good intentions.

Sometimes architectural plans are not specific enough with the wiring or plumbing. And homeowners do change their minds, goodness knows, and perhaps more than once. And finally, everything may not have been executed exactly as is indicated on the plan. There may have been some very good reasons to diverge from the plan — but everybody seems to have forgotten what they were or even what decision was eventually made. The bottom line is that at least some decisions will be made on the run, and these are often not documented.

You may have no way of knowing, other than to break open the walls and take a look.

While I was at the Toronto National Home Show recently, I spied something that made me wish I had been aware of this service a little earlier. Too late for me, but for new renovators, what a fantastic way to document construction so that you view photos to search for the source of any problem rather than viewing broken drywall and ruined finishes.

You may have no way of knowing (what's in your wall) other than to break open the walls and take a look.

Vancouver-based Multivista Construction Documentation (multivista.com) provides a service that systematically documents the construction process, including all the work in the walls, from the beginning until the end. The photos, which are taken with inspection-grade digital photography that can be used for those invaluable zoom-in shots, are taken from key perspectives both externally and internally. They are indexed by time and location. With a password, the photos are available online during the construction process, and after the construction is complete, you will own a permanent record of your entire project plus a cute slideshow to boot.

Yes, it means extra bucks. Sean Fitzgibbons, one of the owners of the Ontario operation based in Toronto says the cost starts from about $1,500 for a 3,000 square foot house and a construction job with a length of six to eight months. But the initial cost could easily pay for itself when problems pop up, he says — and I can vouch for that. Reputable residential contractors have ample reason to include the cost of the service in their estimate, says Fitzgibbons. Or homeowners can ask for the service to be included as part of their reno project, a very smart move if you ask me.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.

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More Homes online
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Home Hardware gets kitchen aide

KITCHEN Home Hardware Stores Limited recently announced an exclusive retail partnership with Food Network host, professional chef and cook book author Anna Olson to bring top-quality kitchen products and solutions to Canadian consumers.

Home Hardware's partnership with Olson is designed to help its dealer-owners grow their share of the kitchen and entertaining category, through product awareness and helpful recommendations from a well-known professional chef. Olson will work with Home Hardware dealers to ensure customers get expert advice within the convenient setting of their local Home Hardware store.

"Creating a warm and inviting kitchen is like building a home. Everyone has a vision of what they want, but most of us need advice to pull it together — which appliances to choose and how to care for them," said Olson. "That's why I am excited to partner with Home Hardware. Home Hardware dealers and staff are equipped with the knowledge and products to help anyone create an inspired living space."

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- Hopewell Residential Communities Inc.
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  Reunion, Airdrie;
- Qualico
  Sequoia in Silverado, Calgary.

NEW COMMUNITY OF THE YEAR
- Hopewell Residential Communities Inc.
  Reunion, Airdrie;
- Qualico
  Sequoia in Silverado, Calgary.

COMMUNITY OF THE YEAR
- Carma Developers LP
  Cranston, Phase 37, Calgary;
- Carma Developers LP
  McKenzie Towne, Phase 19, Calgary;
- Hopewell Residential Communities Inc.
  Copperfield, Calgary.

INDUSTRY ACHIEVEMENT AWARDS

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  Neat Easy to Clean Glass;
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- Gold Seal Homes Inc.
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  Otto A, 64 Copperpond Road SE, Calgary;
- Sabal Homes LP
  Ekko B, 108 Copperpond Road SE, Calgary;
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  Enso A, 16 Copperpond Road SE, Calgary.

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- Bucci Developments Ltd.
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- Landstar Development Corporation
  The "Enclave", 93 West Springs Lane SW, Calgary;
- Pacer Signature Homes Inc.
  The Manhattan, 7070 17th Ave SW, Calgary;
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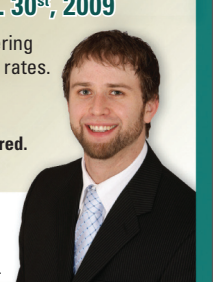

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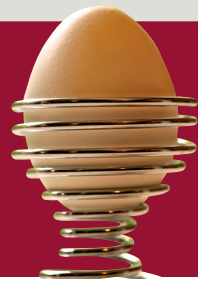
Where the women are
A recent study of 508 farmers' markets across Canada revealed that women shoppers outnumber men almost three to one. About 30 per cent of shoppers are aged 18 to 39. More than half of shoppers routinely visit the market unaccompanied. **FARMERSMARKETSONTARIO.COM**

Food

Eggs are a reasonably priced protein source. Canada's Food Guide to Healthy Eating recommends two eggs as a serving from the Meat and Alternatives Food Group. BARB HOLLAND/FOR METRO CANADA



What's inside
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BARB HOLLAND/FOR METRO CANADA

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Eggs: Thinking outside the shell

À la carte

Barb Holland

metronews.ca/alacarte

Ever-so-versatile eggs patiently sit in your refrigerator waiting for their chance to shine. Combined with a few other ingredients, eggs make a satisfying midweek supper in short order. A frittata is an open-faced omelette, a traditional way to use up cooked (or fresh) vegetables, cheese, meat or other filling ingredients with, of course, eggs. Cooked in a skillet over direct heat until browned on the underside, it can be finished under the broiler to set and brown.

Potato and Ham Frittata
This easy-to-make dish is a speedy supper, especially if you happen to have some leftover cooked potatoes on hand. Cooked chicken or turkey can be tossed in (or not) in place of the ham — almost anything goes. Serve with a green salad and crusty whole grain bread. Makes 4 servings.

Cooked chicken or turkey can be tossed into your frittata in place of the ham — anything goes.

INGREDIENTS:
- 1 tbsp (15 ml) vegetable oil
- 1 onion, chopped
- 1 cup (250 ml) sliced mushrooms
- 1 cup (250 ml) cooked, diced potatoes (about 1 medium)
- 8 eggs
- pinch salt, dried thyme leaves and pepper
- 1/2 cup (125 ml) diced cooked ham, chicken or turkey, optional
- 1 cup (250 ml) shredded old Cheddar cheese, divided

METHOD:
In large nonstick skillet, heat oil over medium-high heat. Add onion and mushrooms and cook until lightly softened, 2 to 3 minutes. Add potatoes; cook 1 to 2 minutes.

In a bowl, beat eggs with salt, thyme and pepper; stir in ham, if using, and half the cheese. Add to skillet; reduce heat to medium and cook, stirring gently for about 30 seconds, lifting edges with heatproof spatula to allow uncooked egg to flow underneath. Cook without stirring until bottom is golden and top is almost set, about 5 minutes.

Sprinkle with remaining cheese. Cover skillet to let cheese melt. Alternately, if skillet handle is heatproof, place skillet under broiler until frittata is set and cheese melts. (If skillet handle is not ovenproof, wrap in foil.) Cut into wedges to serve.

Tip: If you don't have cooked potatoes, scrub a medium sized potato, pierce well and microwave at high until almost cooked, 2 to 3 minutes. Cool slightly, then dice (leave skin on for added fibre).

Barb Holland is a professional home economist and food writer who believes in shopping locally and in season.

Healthy Ramsay
Gordon Ramsay's Healthy Appetite topped Amazon.ca's weekly best-selling cookbook list by the end of last week. METRO NEWS SERVICES

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Carla Ciccone

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Rating: 🌐🌐🌐🌐
Price range: $$
Reservations: No
Client negotiations: Yes
Lunch w/co-workers: Yes
Social Lunch: Yes
Quick solo lunch: Yes
Time in: 12:15 p.m.
Ordered: 12:20 p.m.
Food arrived: 12:30 p.m.
Time out: 1:00 p.m.
Total time: 45 minutes
Low $: Miso Soup, $1.50
High $: Sushi Sashimi Combo, $34.95
Lunch menu: Same Menu, daily specials and features
Licensed: Yes

After developing a reputation for serving delicious sushi prepared with care and skill and presented with flair, Globefish Sushi and Izakaya is a go-to destination for many with sushi cravings.

Popular sushi joint Globefish has taken Calgary by storm over the past few years. After developing a reputation for serving delicious sushi prepared with care and skill and presented with flair, the restaurant is a go-to destination for many with sushi cravings.

Globefish makes a great lunch spot — the food always comes quickly. However, they are nearly always busy and do not accept reservations, so be sure to plan ahead. The clean, minimalist, Japanese-inspired decor and friendly and efficient waiters and waitresses set the tone for a memorable lunch.

Sushi is often better when shared, so I brought my friend Megan along for the Japanese feast. We start out with the Gyoza ($5.95), which are pan-fried dumplings filled with a wonderful combination of pork and vegetables. They are perfectly fried and arrive piping hot.

The Assorted Tempura ($9.50) comes next and is sinfully delicious. Yam, tiger prawns, asparagus and eggplant are battered and deep-fried to a mouth-watering level of crispiness.

Next up, we order the Rainbow Roll ($15.95), which is colourful and tasty and comes with crab and avocado filler topped with mango, prawns, tobiko, fresh tuna and salmon. We finish off the meal with the Dynamite Roll ($7.25), a roll with prawn tempura, cucumber, avocado and smelt roe inside.

We start out with the Gyoza ($5.95): Pan-fried dumplings filled with a wonderful combination of pork and vegetables.

However delectable the sushi may be, there is one thing on the Globefish menu that makes my stomach turn — the Shark Fin Salad ($5.95).

One need only Google "Shark Finning", or watch the documentary Shark Water, to learn that the shark finning industry threatens to extinct one of the world's longest living and mesmerizing fish but to also throw off our ocean's entire ecosystem.

Globefish, we love your sushi, but it's time to get rid of the shark fin.

double dinner deal

It's Back!

2 ENTRÉES PLUS 1 DESSERT FOR ONE GREAT PRICE... $22

We've specially selected five great dinner items for the return of a long-time, money-saving abc Country favourite. Join us Sunday to Thursday after 4pm, choose two entrées and **enjoy our famous Hot Fudge Mt. Baker to share at no extra charge!**

abc COUNTRY RESTAURANT

www.abcCountry.ca

CALGARY:
Douglasglen
11520–24th Street S.E.

Apple Turnover Breakfast Sundae

Tighten the belt in more ways than one

In The Biggest Loser Family Cookbook: Budget-Friendly Meals Your Whole Family Will Love, best-selling author Devin Alexander shows families that eating on a budget can be easy, nutritious, and delicious with more than 125 recipes. Metro nabbed this breakfast treat from the book:

Apple Turnover Breakfast Sundae

The contestants are always seeking on-the-go options for breakfast. This is a great one if you pack it in a small resealable plastic container to throw in your cooler bag along with a spoon — it's an easy treat to enjoy after your morning workout or to send to school with the kids.

INGREDIENTS:

- 1/2 cup (175 ml) fat-free, sugar-free apple turnover–flavoured or other apple-flavoured yogurt
- 2 tbsp (30 ml) crunchy, high-fiber, low-sugar cereal (such as Grape-Nuts)
- 1/3 cup chopped apple (about 1/2 small apple)
- Pinch of ground cinnamon
- 1-1/2 teaspoons raisins (optional)

METHOD:

Spoon the yogurt into a small, deep bowl. Sprinkle the cereal over the yogurt, followed by the apple. Top with the cinnamon and then the raisins, if using, and serve.

LiquidAssets

Peter Rockwell

metronews.ca/liquidassets

Old friends

Whoever coined the phrase "the past is the past" never envisioned Facebook. While hearing from old high school chums and former flames may not appeal to everybody, my Facebook experience has been a hoot — especially when friends post long forgotten images of us from back in the day.

I've been particularly interested in what we were drinking in some of those shots. In the '80s **Hungary's Szekszárdi Vörös ($9.80 - $12.05)** was a tannic gut wrencher. Made with the local Kékfrankos grape the current 2007 vintage (still sold by the litre) is now light and juicy with a touch of spice that makes it a fine pizza/pasta red.

Fancy drinking at the time meant **Mouton Cadet Rouge ($13.94 - $17.96)**. Recently reinvented, the 2006 on shelf now is a softer, fruiter interpretation that lets it go cork-to-cork with Aussie and South America wines.

Now if I could just live down my former A Flock of Seagulls hairdo.

Prices reflect the range across the country. Some products may not be available in all provinces.

Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words; liquidassets@eastlink.ca.

Riding the Recession

Meals for a steal

Crete Souvlaki
2623 17 Ave. SW
403-246-4777

Located in a small gas station, don't let the exterior fool you. This Greek food stop is known for their delicious tzaziki-covered chicken, lamb and pork with potatoes and rice. The food is a great to go and ranges from $5 to about $12 per plate. Plates can include wraps, meals with salad and more.

Opportunity knocks
The Ride to Conquer Cancer, Weekend to End Breast Cancer and the Underwear Affair are seeking volunteers to assist with set-up, lend a hand at hydration stations and cheer on the participants. To volunteer, contact Hila Olyan at 403-280-9255 or email holyan@endcancer.ca. **METRO NEWS SERVICES**

Community Spirit

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

A family affair

Mom, Dad and kids chip in to save cats

JENNIFER HILLIKER
for Metro Canada

The Turner family never realized they could make a difference in their community until the youngest member of the household inspired them.

At the age of 11, Shannon Turner decided she wanted to make the world a better place in any way she could, and now, three years later, has her mother Marie Ann, father Dave and brother Ryan all volunteering in some capacity.

She started out by applying to the Meow Foundation, an organization that facilitates the adoption of stray and abandoned cats.

"My brother and I just love cats," Shannon said. "It was really sad, hearing the stories about abandoned cats, so we wanted to help. Our parents encouraged us the whole way."

Shannon writes for the Meow Foundation's newsletter and works at the vaccination clinic every Saturday. Along with her 17-year-old brother, she fundraises for the foundation at every opportunity. For instance, Ryan is an amateur artist and makes glass beads and jewelry to be auctioned off for the charity.

"My kids are really incredible," said Marie Ann. "Shannon is so passionate about working with children and animals.

"It's really exciting, because the whole family gets into it."
Marie Ann Turner

"It's really exciting, because the whole family gets into it to. She's really added a new dimension to our involvement in the community."

Despite Ryan's allergies, the Turner family gave in to Shannon's request to adopt a rescued cat named Foster from the Meow Foundation.

"They rescued her from a tree in a park," Marie Ann said.

ROBIN KUNISKI/FOR METRO CANADA
The Turner family sits with their cat Foster, who was rescued from a tree in a park.

"Shannon asked us if we would open our home to Foster, and eventually convinced us. We were worried about our son's allergies, but we re-did our furnace, upgraded our air quality and all sorts of stuff. If he got sick within the first month, we would have (had) to return the cat, but thankfully he is fine with the cat."

Shannon is also in the process of getting a Meow Foundation speaker into her junior high school to teach classmates about involvement in volunteering.

"My daughter finds that when she tells her peers about what she's doing, they're just not tuned in to the importance of helping," Marie Ann said.

"They point to all these charities that they think are more important than the Meow Foundation, when they themselves are not doing anything. Reaching out to younger people Shannon's age is very important — they are the future and they need to understand that we're all part of a community, whether we're human, an animal or a tree."

BREW SOME GOOD WEEK

BE REWARDED

Maxwell House is inviting all Canadians to inject a little good into your day. Get spotted performing a random act of good during Brew Some Good Week, March 2 – 8, and be rewarded instantly!

BREW SOME GOOD **TODAY**
Look for the **Maxwell House** Brew Gooders Team here:

- Talisman Centre
- 4th Street Mission
- 17th Avenue
- University of Calgary
- Dalhousie LRT
- Sunnyside LRT
- 7th Avenue

Now roasted with premium quality 100% Arabica beans.

Be inspired at brewsomegood.ca

Maxwell House Original Roast

OPI launches new website

OPI recently launched its newly designed website (at opi.com), featuring the latest OPI products for nails, hands, feet, and skin. It also includes a Try-It-On Studio that allows you to see how OPI Nail Lacquer shades look on your skin tone. METRO NEWS SERVICES

Style

Making runway history...

Good news for those who admired the winning spring dress in Tuesday night's episode of Project Runway Canada: you can now purchase it. The bold shoulder, jersey knit, asymmetrical design by Jessica Biffi is now available at Winners stores for $99.99 in sizes four to 14. The original was green, but it is also available in lavender, coral and black as well. In Calgary, the dress can be purchased at Signal Hill.

METRO NEWS SERVICE

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Trend translations

What will the fall runways mean for the rest of us?

KENYA HUNT
Metro World News

While at some moments the endless stream of furs or sexed-up dresses seemed repetitive, Milan Fashion Week was an inspired mix of creatively upbeat clothing from futuristic silhouettes to old school glamorous dresses.

This season, Milan did not disappoint. Credit crunch or not, it's exciting to see fashion that makes you want to get dressed up again. Now if the economy would just bounce back so that we can all afford it. We recount the week's trends and explore how they will translate to life off the runway. (On a scale of 0, for magazines only, to 5, for wear it everyday).

upcoming **style**

Read Metro Style for upcoming coverage of:

- Paris Fashion Week — March 4 to 12.
- Toronto Fashion Week — March 16 to 21.

Kenya's**Style**

Kenya Hunt

Read the blog at metronews.ca/kenyasstyle

VERSACE

The trend: Sex goddess

Home to the house of Versace and Cavalli, Milan is the master of this concept. So its no surprise that the idea's comeback for fall would happen here. The biggest component of the sex goddess look: the thigh-high stiletto.

The designers: Roberto Cavalli, Blumarine, Versace, Gucci.

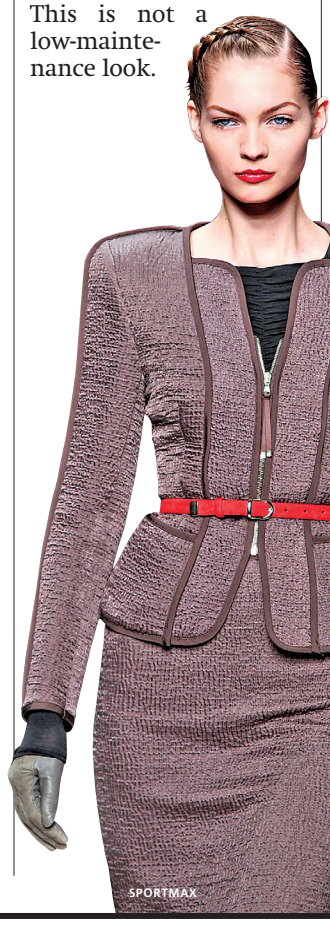
Runway to real life rating: 3. Expect to get extra hoots and whistles on the street.

The trend: Glamour girls

Rhinestones, luxe fabrics, bold prints and feminine hour-glass silhouettes are just a few of the elements that dominated this trend.

The designers: Sportmax, Byblos, Giorgio Armani, Versace, Alberta Ferretti, Moschino, Aquilano.Rimondi, Marni, Krizia

Runway to real life rating: 4. Break out the red lipstick and high heels and book an appointment at the hair salon. This is not a low-maintenance look.



SPORTMAX

MASSIMO REBECCHI

The trend: Easy and wearable, yet chic

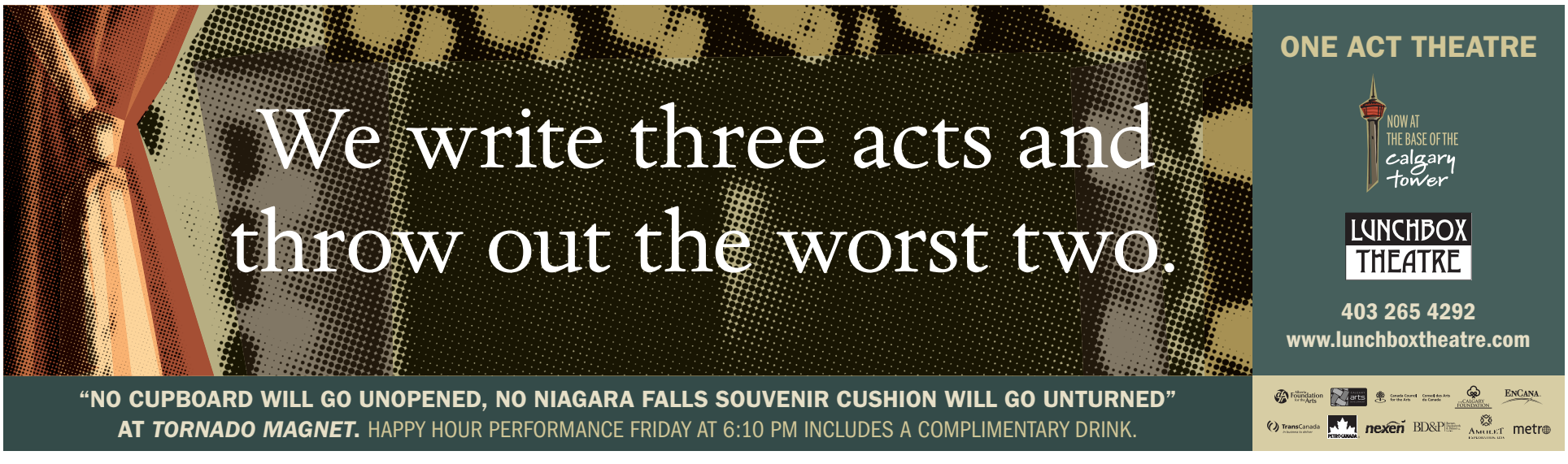
If there's one major complaint of the week, it's that too many collections neglected the everyday wardrobe needs that we all have. Sometimes a woman just wants a great, comfy sweater, an easy but chic pair of trousers, or a skirt that she doesn't have to suck her stomach in to wear.

The designers: Burberry Prorsum, DSquared2, Prada, Max Mara, Missoni

Runway to real life rating: 5. Prada's beautifully constructed suits, Burberry Prorsum's swinging skirts and Max Mara's wearable separates make great investments for the office (or the job interview.) Missoni's layered knits, meanwhile, are the ultimate daytime wear.

MAX MARA

PHOTOS BY MAURIZIO MAULE



Canadian Bachelorette
The Bachelor's third-place finisher — and a Canadian — Jillian Harris has been selected to star as the newest Bachelorette when the spin-off of the now controversy-mired reality show kicks off its fifth season this summer. **EONLINE.COM**

Entertainment

Puppy love
Oprah Winfrey has a new puppy. The talk show host and her longtime beau, Stedman Graham, adopted an eight-week-old cocker spaniel on Sunday. USMAGAZINE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

U2 lays it on the line

UNIVERSAL MUSIC

No Line On The Horizon is the new album from U2.

Neko **Case**

Album: Middle Cyclone
Label: Anti-/Epitaph
Rating: ⊕⊕⊕⊕

THE ONLY PROBLEM with Neko Case is that she doesn't release solo material fast enough. We can expect something new from her about every three years — that doesn't cut it for someone this good. Middle Cyclone is another stellar release from the alt-country artist, who also sings with The New Pornographers. It's loaded with infectious twang, crazy piano tracks (she recorded multiple piano parts on some tunes) and guest spots from her Porno bandmates and members of Los Lobos and Calexico. This could be the year's first great summer album.

Bryan Borzykowski/for Metro Canada

Shout **Out Out Out Out**

Album: Reintegration Time
Label: YNRMLSWLCMRCDS
Rating: ⊕⊕⊕½

EDMONTON ELECTRO six-piece Shout Out Out Out Out surprised everyone when their debut turned out to be one of the most engaging dance records of 2006. Now, these former rockers (members were in Veal and Whitey Houston) are back at it with Reintegration Time. The record picks up where Not Saying/Just Saying left off — the songs are again soaked in synth, minimalist drums, and occasional, but catchy, vocoder-masked lyrics. With a far more trance, techno feel, it's not as in-your-face dance as fellow Canuck electro-rockers Holy F–k, but it'll still get your feet moving.

Bryan Borzykowski/for Metro Canada

On the web
There's more online at metronews.ca/music:
- review of the new Prodigy
- Links to this week's reviewed music

U2

Album: No Line On The Horizon
Label: Island/Universal
Rating: ⊕⊕⊕½

U2 HAS HAD such an impact on music over the past 25 years that it's now difficult to distinguish its sound from that claimed by the many bands who have followed in its footsteps. The soaring vocals, anthemic themes, patterned guitars, layered atmospherics and searching spirituality have become commonplace. But the Irish foursome prove on their 11th studio effort that creativity still exists in middle age. They often find it by looking backward to their R&B, gospel and classic rock roots. You can hear it in the riffs of Stand Up Comedy and the fuzzed drive of Get On Your Boots. Those searching for a higher power will find it in Bono's over-the-top delivery of the obvious. ("God is love," Bono howls in Stand Up Comedy). His angst is everywhere here, rising like steam above the sonic stew cooked up by co-producers Daniel Lanois and Brian Eno. And it's not an easy angst to share. It's over-blown, for sure, but we've come to expect that.

Graham Rockingham/for Metro Canada

Music**Reviews**
music@metronews.ca

Chris **Isaak**

Album: Mr. Lucky
Label: Wicked Game/Reprise
Rating: ⊕⊕⊕

CHRIS ISAAK IS lucky to have a voice as big as the late Roy Orbison. And we're lucky that Isaak hasn't forgotten how to use it during his seven year recording absence. Isaak will never be able to match the success he scored early on with his haunting masterpiece, Wicked Game (although he comes close onsingle, We Let Her Down). And he'll never be able to shake the comparison's to the Big O. But why should he? There's very few alive today that can match the incredible vocal range Isaak demonstrates on You Don't Cry Like I Do. Just to keep things interesting, Isaak tosses in a couple of heart-melting duets with Trisha Yearwood and Michelle Branch. Among the 14 original tracks, there's unquestionably some lightweight stuff. But even the three or four weaker tracks stand up well compared to the overproduced pablum that Nashville far too often serves up as country rock.

Graham Rockingham/for Metro Canada

CA	Vu	SC	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
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	243	317 3 CFCN	etalk	Hollywood	ER "What We Do" (N)		American Idol (HDTV)		CSI: Crime Scene Invstgtn.		News (N)
	-	- 4 OMNI	Two/Half Men	The Simpsons	News		News		The Simpsons	King	Metropia
	-	371 5 KXLY	4 News at 6	4 News at 6:30	Entertainment	The Insider (N)	Ugly Betty (N)		Grey's Anatomy		Practice
	245	306 6 CBRT	Coronation St.	Jeopardy! (N)	Doc Zone "Shock Wave" (N)				CBC News: The National		The Hour
	244	338 7 CICT	ET Canada	Entertainment	Life "Jackpot" (HDTV)		Survivor: Tocantins (N)		The Office (N)	Kink in Hair	News Hour
	246	- 8 CKAL	Law & Order: SVU		Hell's Kitchen (PA) (N)		Ugly Betty (N)		30 Rock	30 Rock	Your City
	119	705 9 CBXFT	Virginie (SC)	Infoman (SC)	Enquête (HDTV) (SC)		M pour musique (HDTV) (SC)		Le Téléjournal et Les Nou		TJ Alberta
	-	- 10 SHAW	(6) Local Programming						Local Programming		
	-	372 12 KREM	News (N)	Hollywood	The Doctors (N)		Survivor: Tocantins		CSI: Crime Scene Invstgtn.		Eleventh Hour
	-	374 14 KSPS	NewsHour With Jim Lehrer		Great Scenic Railway Journeys			Great Scenic Railway Journeys			TBA
	502	390 15 CBC	CBC News: The National		Geologic Journey		CBC News: The National		CBC News: The National		Geo. Journey
	-	370 16 KHQ	News	Be-Millionaire	Jeopardy! (N)	Wheel-Fortune	Name Is Earl	Kath & Kim (N)	The Office (N)	30 Rock	ER (N)
	-	373 22 KAYU	The Simpsons	Raymond	Two/Half Men	Two/Half Men	American Idol (HDTV)		Hell's Kitchen (PA) (N)		News (N)
	297	652 37 WPIX	Supernatural (HDTV)		PIX News at Ten Tong.		Two/Half Men	Friends	Sex and-City	According-Jim	Frasier
news	500	500 29 CNN	Larry King Live		Anderson Cooper 360 (HDTV)				Larry King Live		Cooper 360
	508	502 31 CNN2	Lou Dobbs Tonight		Nancy Grace		Showbiz Tonight		Lou Dobbs Tonight		Nancy Grace
sports	400	400 21 TSN	World Extreme Cagefighting		SportsCentre (HDTV) (Live)			Off the Record	Score Golf	Motorcycle	Poker Night
	408	418 27 net	NHL Hockey		Sportsnet Con.	Skiing	Hockey Central	UFC: Access	Sportsnet Connected		Oilers in Hour
	410	403 30 SCORE	NBA Basketball: Mavericks at Hornets			NBA Basketball	Portland Trail Blazers at Denver Nuggets. (Live)				Final Score
	411	457 44 OLN	Mantracker		Dog the Bounty Hunter		Survivorman		Mantracker		Bounty Hunter
	417	406 48 SPEED	Bullrun (HDTV)		Bullrun (HDTV) (N)		Pimp My Ride	Pass Time	Pinks -- All Out (HDTV)		Bullrun (HDTV)
family	552	543 20 YTV	Drake & Josh	iCarly	True Jackson	H2O, Just Add	Malcolm-Mid.	Futurama	In Real Life		Falcon Beach
	557	541 39 FAM	Zoey 101	Life Derek	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School
	555	545 67 TOON	Ben 10: Alien	Johnny Test	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	*Batman Returns* (1992)	
cable variety	575	583 11 CMT	Reba	Reba	Hope & Faith	Hope & Faith	Coyote Ugly	Coyote Ugly	Home Improve.	Home Improve.	Reba
	553	546 17 TREE	Little Bear	Maggie-Beast	Comfy Couch	Zigby	Max & Ruby	Babar	Backyardigans	Dora-Explorer	Go, Diego, Go!
	-	- 18 CHTV	The Insider (N)	E! News	Name Is Earl	Kath & Kim (N)	*Premonition* (2004, Suspense) Casper Van Dien.				News (N)
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	521	560 24 TLC	Street Customs (N)		Heli-Loggers (HDTV)		Street Customs (HDTV)		Heli-Loggers (HDTV)		Overhaulin'
	603	561 25 FOOD	Unwrapped	Secret Life of	Family	Glutton-Punish.	Ace of Cakes	Ace of Cakes	Challenge		Unwrapped
	615	520 26 A&E	The First 48 (HDTV) (N)		The Beast "Mercy" (N)		The Beast "Mercy"		The First 48 (HDTV)		The First 48
	617	522 32 SHOW	Wife Swap		The Outer Limits		Love-Death	Love-Death	Trailer Park	Trailer Park	*Eurotrip*
	601	562 33 SLICE	Last 10	Last 10	The Biggest Loser		ET Canada	Matchmaker	The Biggest Loser		Trading Sp
	-	633 34 ENC2	*Jeremiah John.*	(7:20) *Kootenai Brown* ★★ (1991, Western)			*Bronco Buster* ★★ (1952, Western)			(10:20) *The Naked Spur*	
	520	505 35 DISC	Edge of the Universe		MythBusters		Daily Planet		Deadliest Catch		Edge-Universe
	620	523 36 BRAVO	Toscanini: In His Own Words (N)			Frontenac Trio	Law & Order "Asterisk"		Without a Trace		*Color-Paradise*
	294	650 40 WPCH	Friends	Friends	*Monster-in-Law* ★★ (2005, Romance-Comedy)				Family Guy	Family Guy	Seinfeld
	626	547 41 COM	Laughs	Comedy Now	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	VIP
	-	539 42 TCM	(6) *Marius* ★★★ (1931, Drama) Raimu.			*Service for Ladies* ★★★ (1932, Comedy)			*Wedding Rehearsal* ★★ (1932, Comedy)		
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	522	516 45 HIST	Go Deep In Istanbul.		NCIS "Bete Noir"		Lost Worlds		Go Deep In Istanbul.		NCIS
	627	528 46 SPACE	Star Trek: Voyager		Chuck (HDTV)		Stargate SG-1		Star Trek: Next Gener.		Trek: Voyager
	-	- 47 AMC	(6) *Poltergeist* ★★★ (1982, Horror)			(8:45) *Invaders From Mars* (1953, Science Fiction)				*Iron Eagle* (1986, Action)	
	619	525 49 TROP	What Happen?	What Happen?	Make or Break	Naked Fashion	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy
	600	564 50 HGTV	The Fix	Disaster DIY	Home to Flip	Real Renos	Holmes on Homes		The Fix	Disaster DIY	Home to Flip
	501	391 52 CTV	CTV Newsnet		News	CTV Newsnet	News	CTV Newsnet	News	CTV Newsnet	News
	504	508 70 BNN	Squeeze Play		Market Call		Headline	Market Call	Commodities	Business News	Squeeze Play
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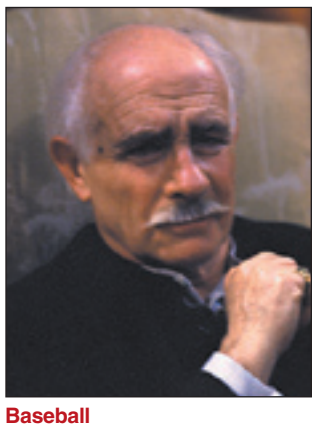
	269	350 93 APTN	Warriors: TKO	Wapos Bay	By the Rapids	renegadepress	*Top Gun* ★★★ (1986, Adventure) Tom Cruise, Kelly McGillis.				
	-	- 94 MCP	(6:30) News	News	Eight Heroes	Mom's-Upset	Vancouver	Kahkashan	Dheeyan Ghar	Sadabahar	Desi-Mama
	571	581 100 MMM	RuPaul's Drag Race		RuPaul's Drag Race		Listed		Party of Five		RuPaul's Drag
	570	580 101 MM	America's Best Dance Crew		disBand	disBand	Video on Trial	Video on Trial	Paris Hilton's British Friend		Video on Trial
	581	566 102 MTV	Making the Band 4 (N)		The Girls of Hedsor Hall		MTV Live	After	Making the Band 4		Hedsor Hall

critics'corner

Toscanini: In His Own Words
Fifty years after the death of Arturo Toscanini, his family gave biographer Harvey Sachs access to dozens of hours of taped conversations he had with friends, relatives and colleagues. The result is this new documentary filled with interesting insights into the personality of the acclaimed and very private conductor — who probably would have been shocked to know these tapes were being made. 7 PM on BRAVO



Baseball
MLB team officials begin holding their breath this week, hoping well-compensated pros such as Derek Jeter, Vernon Wells and Ichiro manage to avoid injury while representing their respective countries in the second World Baseball Classic. Rogers Sportnet will broadcast 39 games of the tournament that runs through March 23. Canada, Korea, the United States, Mexico, Cuba, South Africa and defending champion Japan are among the 16 teams competing. 2 PM on net

Lilli hopes for Milli Vanilli's return

Evangeline Lilly is praying for a Milli Vanilli comeback — even though one of the duo is dead, femalefirst.co.uk reports. The actress was a huge fan of the 1980s pop act, who were disgraced in a lip-synching controversy. METRO NEWS SERVICES

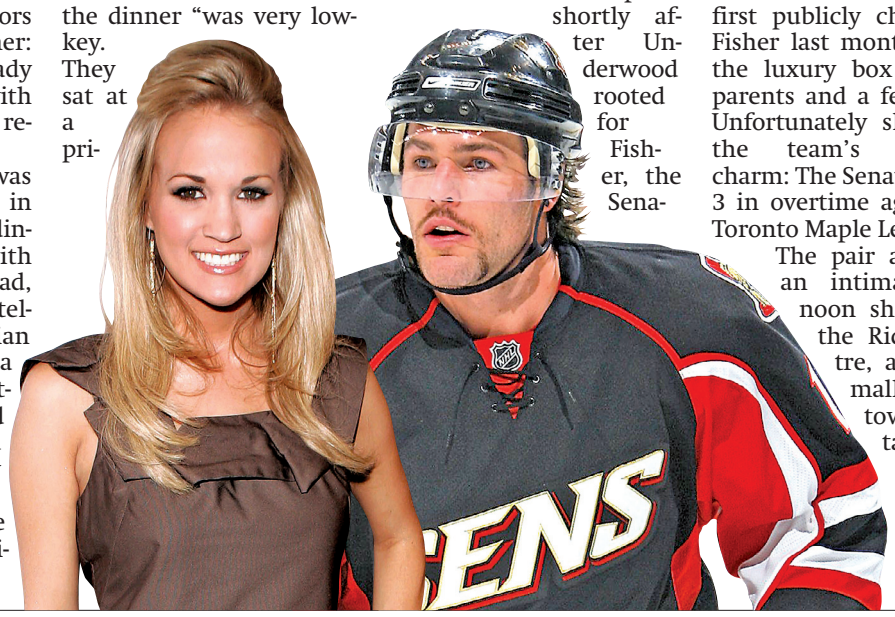
Celebrity Buzz

Carrie on, Senator

COUPLE Things are getting serious between Carrie Underwood and her boyfriend, Ottawa Senators hockey player Mike Fisher: The singer is already spending quality time with his parents, people.com reports.

Underwood, who was first linked with Fisher in January, spent a cosy dinner Saturday night with Fisher, his mom and dad, and a few friends at Fratelli, an upscale Italian restaurant in the Kanata section of Ottawa, shortly after the 25-year-old country singer cheered on Fisher at his hockey game.

During the dinner, the couple "seemed incredibly happy. They seem made for each other," says a source, who added that the dinner "was very low-key. They sat at a private table and did their own thing."



The dinner took place shortly after Underwood rooted for Fisher, the Senators' centre, from a private VIP box at the Scotiabank Centre. Underwood, who first publicly cheered on Fisher last month, shared the luxury box with his parents and a few others. Unfortunately she wasn't the team's good-luck charm: The Senators lost 4-3 in overtime against the Toronto Maple Leafs.

The pair also spent an intimate afternoon shopping at the Rideau Centre, an upscale mall in downtown Ottawa.

METRO NEWS SERVICES

Miley reveals she was bullied

BOOK Miley Cyrus' school days were "friendless, lonely and miserable," femalefirst.co.uk reports. The Hannah Montana star was bullied so badly when she was being educated in Tennessee she believed she would be physically harmed.

Writing in her new book Miley Cyrus: Miles To Go, she revealed: "The girls took it beyond normal bullying. These were big, tough girls. ... They were fully capable of doing me bodily harm."

The singer-and-actress says The Anti-Miley Club even challenged her to a fight, which had to be halted by the school principal.

In the tome, the 16-year-old star also speaks of "the hardest day ever" — when she split from Jonas Brothers star Nick Jonas, who she refers to as Prince Charming.

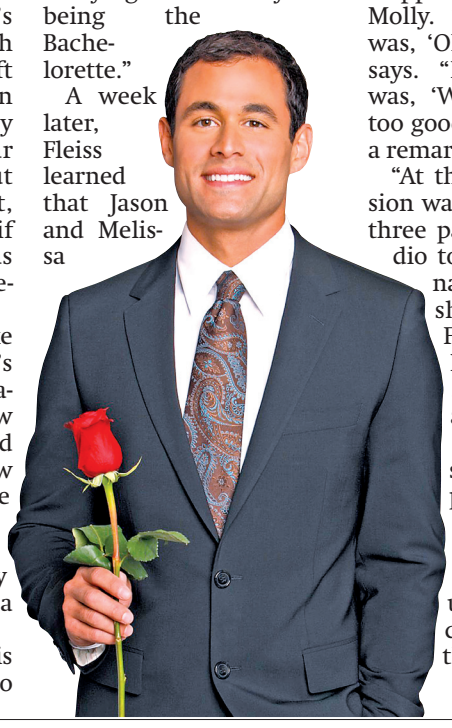
METRO NEWS SERVICES

Bachelor twist no 'fix'

SHOW ABC's reality series The Bachelor has had its share of surprising endings, but Jason Mesnick's on-camera breakup with fiancée Melissa Rycroft and subsequent reunion with runner-up Molly Malaney has been by far the most shocking. But online rumours persist, with some wondering if the show's outcome was fixed, people.com reports.

As Bachelor creator Mike Fleiss tells People, "That's patently untrue. It was (Jason's) choice in New Zealand who he proposed to." But after the show wrapped, Fleiss says, "He was not in love with Melissa anymore and he was in love with Molly and he needed to make a change."

In fact, no one saw this coming, says Fleiss, who upon returning to the States "was in the process of trying to talk Molly into being the Bachelorette."



A week later, Fleiss learned that Jason and Melissa were not getting along, and that he had never stopped thinking about Molly. "My first thought was, 'Oh, too bad,'" Fleiss says. "My next thought was, 'Wow, that's almost too good!' I knew that was a remarkable twist.

"At that point, the decision was made to bring all three parties into the studio to film After the Final Rose, the most shocking After the Final Rose in Bachelor history," Fleiss says. "It was never anyone's plan."

Host Chris Harrison also tells People, "We haven't shown breakups before, but we've never had this situation. We couldn't not show that."

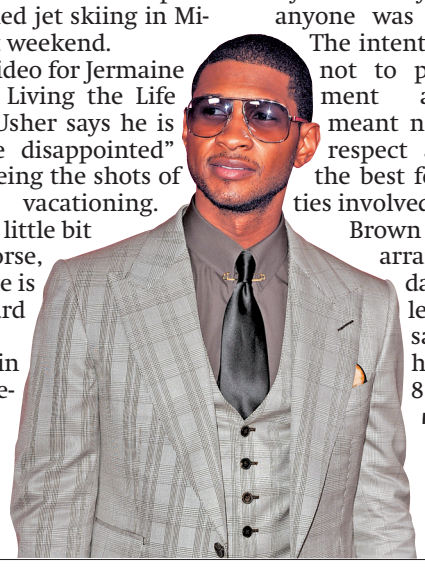
METRO NEWS SERVICES

Usher apologizes for Brown comment

STATEMENT Usher has apologized for saying that Chris Brown should "have a little remorse" after the 19-year-old singer — who allegedly assaulted girlfriend Rihanna — was photographed jet skiing in Miami last weekend.

In a video for Jermaine Dupri's Living the Life series, Usher says he is "a little disappointed" after seeing the shots of Brown vacationing. "Have a little bit of remorse, man," he is overheard saying.

But in a statement late Tuesday, Usher says: "The comments made during a recent recording session amongst friends were taken out of context and blown out of proportion. I apologize on behalf of myself and my friends if anyone was offended. The intentions were not to pass judgment and we meant no harm. I respect and wish the best for all parties involved."



Brown is to be arraigned today for allegedly assaulting Rihanna Feb. 8 in L.A.

METRO NEWS SERVICES

J-Lo 'pockets' jewels worth $50,000

DIAMONDS Jennifer Lopez recently borrowed $50,000 worth of diamonds from Robert Mouawad to wear at an event last week— and she doesn't plan on giving them back. "We received a call from (her manager) Benny Medina, informing us that Jennifer was going to keep the jewelry," a source told Page Six. But according to the source, for Mouawad — a Swiss billionaire — it's no big deal. "He will lose no sleep over $50,000, and frankly, Jennifer's endorsement is priceless."

METRO NEWS SERVICES

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Today Flurries late. -7 C / -8 C
Friday Morning clouds. -7 C / -17 C
Saturday Flurries late. -1 C / -12 C

BT BREAKFAST TELEVISION

Andrew Schultz, Weather Specialist – Breakfast Television
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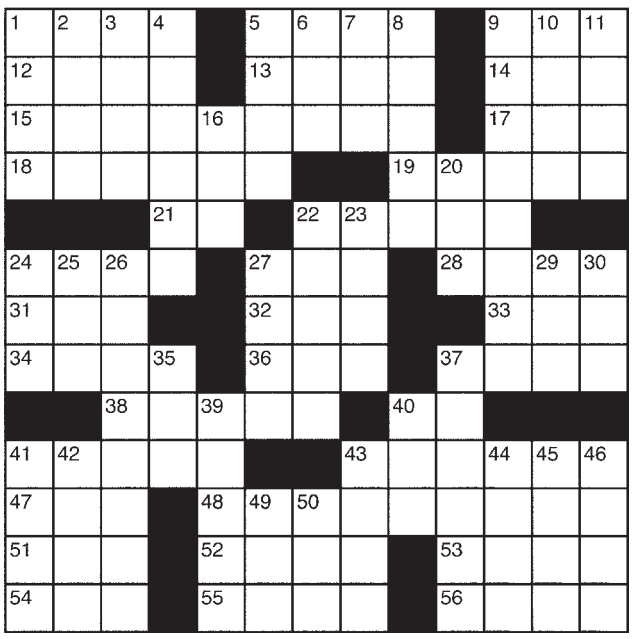
Take Five



Crossword across

1 Typeface choice
5 Quest
9 Witty one
12 Open a crack
13 Terrible guy?
14 Rd.
15 Plumbers' job?
17 X rating?
18 Stages a protest, of a sort
19 On the qui vive
21 "And I should care ... why?"
22 "Napoleon Dynamite" star
24 Sore
27 Distant
28 As well
31 As well
32 Submachine gun
33 "— Town"
34 November responsibility
36 Fellows
37 Failure
38 Cardiff's country
40 "Goodness gracious!"
41 Extra
43 Tea variety
47 Table scrap
48 Johnson opponent
51 Anonymous John
52 Very enthusiastic
53 Telegram
54 Springtime mo.
55 Colleen
56 Garbage barge

Crossword down

1 Cry like a baby
2 California community
3 Tardy
4 Stylish
5 Billboard
6 Mendes or Longoria
7 Pack away
8 Massage
9 ABBA hit
10 State with certainty
11 Fellow
16 Carnival city
20 Grazing area
22 Mists
23 Ms. Brockovich
24 Off-roader (Abbr.)
25 Bill's partner
26 Trouble
27 Sulk angrily
29 Bottom line
30 Sceptre ornament
35 Listening device
37 Local ordinances
39 Constitutional
40 Take blades to blades
41 Pop
42 Item on stage
43 Probability
44 Related to 35-Down
45 Pianist Peter
46 Got bigger
49 Eggs
50 Fleur-de- —

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

5			6	3	8			4
					5	7		
	8	6	9			3		
7	1		4		3	5		8
9								3
6		4	5		2		9	7
		5			9	8	7	
		3	1					
1			8	5	7			2

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

L	A	S	S	■	L	A	W	■
E	C	H	O	■	O	N	E	■
A	N	A	L	E	C	T	A	■
F	E	D	O	R	A	■	V	O
■	■	■	N	I	L	■	E	A
A	M	A	■	E	E	L	■	K
S	O	N	S	■	S	E	A	■
K	O	A	L	A	■	U	L	T
■	■	C	A	P	S	■	R	E
B	R	O	N	T	E	■	E	X
R	A	N	T	■	A	N	A	T
A	I	D	E	■	L	A	D	■
G	L	A	D	■	S	P	Y	■

P	A	L	O					
I	N	O	N					
E	A	S	Y					
R	T	E	X					
■	■	■	■					
H	■	■	■					
E	E	N	S					
M	U	T	■					
T	A	N	Y					
■	■	■	■					
C	U	S	E					
E	V	K	A					
A	R	■	■					
T	S	■	■					

5	2	3	1	8	6	4	9	7
8	6	7	9	4	5	1	2	3
9	4	1	2	3	7	5	6	8
7	9	5	3	1	2	8	4	6
4	1	6	8	5	9	3	7	2
3	8	2	6	7	4	9	1	5
6	5	9	4	2	3	7	8	1
1	7	4	5	6	8	2	3	9
2	3	8	7	9	1	6	5	4

Find today's answers + play more games at metronews.ca

SUDOKU SOLVE TIME:
Under 13 min Genius
13-17 min Scholar
17-21 min Smart
21-25 min Not bad
25+ min Keep practising

Metro Recipe of the Day

Meat Loaf

INGREDIENTS:
1 tbsp (15 ml) canola oil
2 large onions, peeled and chopped
2 large celery stalks, chopped
1 large green pepper, seeded and chopped
3 garlic cloves, crushed
2 lbs (1 kg) lean ground beef
1 cup (250 ml) fresh breadcrumbs (white or whole wheat)
1 egg, lightly beaten
salt and freshly ground black pepper
1 cup (250 ml) canned chopped tomatoes
1/4 cup (50 ml) tomato sauce

METHOD:
1. Preheat oven to 350 F (180 C). Heat oil in a large, deep frying pan, add onions, celery, pepper and garlic and cook 5 minutes over moderate heat (until soft). Transfer vegetables to a large bowl.
2. Add beef, breadcrumbs and egg to vegetables. Season with salt and pepper and knead until well combined.
3. Put tomatoes and tomato sauce into small bowl. Mix well. Add half to meat loaf mixture. Mix again.
4. Transfer meat loaf mixture to lightly-greased baking dish or roasting pan and shape to make loaf, measuring about 7 x 10 in. (18 x 25 cm), mounding slightly at centre. Use side of hand to make groove down length of meat loaf. Pour remaining tomato mixture into groove.
5. Bake for 1-1/4 hours, or until cooked through to centre. (If you have a meat thermometer, it should read 160 F/71 C when loaf is done.) Let stand 10 minutes before slicing and serving.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
Someone has issues with telling the truth. An irrational guy disagrees with confusing words. Don't wait to go home after a melodrama takes place.

TAURUS ♉
APRIL 21-MAY 21
Someone's disrespect is hypocritical. An impulsive journey brings some career luck. Try not to isolate yourself at home.

GEMINI ♊
MAY 22-JUNE 21
Money luck improves when an exceptional mentor arrives. Elders need extra care today. A belated message makes you happy.

CANCER ♋
JUNE 22-JULY 22
A beloved man undergoes a passing fancy. Refusing to yield leads to a colleague's complaints. Pay attention to your work.

LEO ♌
JULY 23-AUG 23
An opportunity will come out of nowhere. Others are on your side because you inspire trust. Taking a certain pathway causes a problem.

VIRGO ♍
AUG 24-SEPT 22
A remarkable brute will give you stories to tell. Don't lie to a discerning friend. An amusing friend has done a bad job.

LIBRA ♎
SEPT 23-OCT 23
A discovery changes your mind. Be alert to hidden meanings in messages. A man wants to get some hard work done.

SCORPIO ♏
OCT 24-NOV 22
A repair problem requires your attention. A preacher is about to return. Take a walk in your personal safety zone.

SAGITTARIUS ♐
NOV 23-DEC 21
Pay no attention to an inspection. Avoid a war of words with a scathing person. A former lover is spooked by a phone call.

CAPRICORN ♑
DEC 22-JAN 20
A persuasive person is ready to forgive. A romantic mystery clears up. A legal matter is shaded by the past.

AQUARIUS ♒
JAN 21-FEB 18
A pedantic person aggravates you about a project. Your exceptional memory solidifies your reputation. Walk lightly around oversensitive elders.

PISCES ♓
FEB 19-MARCH 20
A friend wants you to repay a good deed. Someone is glum about being teased. Don't be deceptive to a hurt friend.

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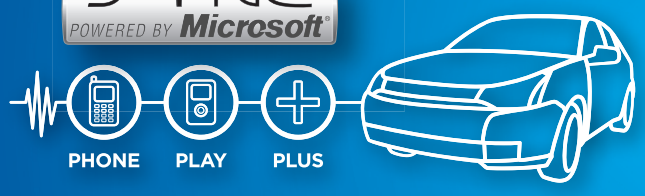

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